



North Andover Senior Center Monthly Activities



January



News! Updates! & Announcements!

CENTER is CLOSED– Jan. 18: Martin Luther King Jr Day

COA Board Meeting– Jan 12 @ 10 AM

TRIAD Meeting– Jan 19 @ 11 AM

Friends of NASC– Jan 27 @ 4 PM

No SHINE appointments this month!

Wellness Services

♦ Walk-in Clinic:

Every Wednesday: 9-12pm

- ♦ Foot Specialist Catherine (8:30 a.m. - 3:00 p.m.) \$30 Half Hour Appt. w/ Massage.
- ♦ Massage Therapist Antonio (9:00 a.m. - 12:00 p.m.) \$10 for 15 minute session, \$20 for half hour session.

Van Shuttle Service

Mon, Wed, Thurs & Fri–

Pick up at 8:15-8:30 AM. Return after lunch at 12:15pm. Cost: \$2

Grocery Shopping Shuttle

Tuesdays & Wednesdays: Pick up begins at 12:30 PM

Cost: \$3

Don't Miss These Events

JAN 6th- Thomson School 5th Graders will be eating lunch with us!

JAN 14th- Men's Breakfast– at 9AM with Guest Speaker to Follow

JAN 21st– Supper Club @ The Outlook Restaurant

CALL to make your appointment with Attorney Bahrawy OR Atty. Murray

If you need an appointment for any of our services, please call reception for information & availability.

978-688-9560



January

**Happy
New Year!**

Mon	Tue	Wed	Thu	Fri
	REMINDER: ART Class is on WINTER Break	Walking Group Meets Monday thru Friday from 9-10 AM	at the Youth Center on Johnson Street. <u>Athletic shoes are required on the Gym floor.</u>	1
4	5	6	7 12-3 Fix It Shop	8 Foot Care Specialist: 9-3 PM Book Club A- 10AM Quilting 10-12pm
11	12 11:30-1 PM Attorney Bahrawy Consultations COA Board Meeting @10 AM	13	14 Morkeski Meadows Blood Pressure Clinic @10 AM Men's Breakfast	15 Massage Therapist: 9-12
18 Center CLOSED! Martin Luther King Jr. Day	19 TRIAD @ 11 AM	20	21 12-3 Fix It Shop	18 Foot Care Specialist: 9-3 PM Book Club B- 10:00 AM
25	26 10-12 PM Attorney Murray Consultations	27 Friends Meeting @ 4PM	28	29
On Going Weekly Programs				
Every Monday 9-10 Yoga 10-11 Combo Class 10-11:30 Lectures 1-3 Cards (canasta, poker) 1-3:30 Bridge 3:30-4:15 Zumba Gold 4:30-5:30 Zumba Fitness	Every Tuesday 9-10 Tai Chi 9-12 Computer Training 9:30-11:30 Knitting 12:30 -3 Bingo 1-3 Chess	Every Wednesday 9-12 Walk-in Clinic 10-11:30 Heart to Heart 10-11:30 News & Views 1-3 - Bridge Refresher 3:30-4:15 Zumba Gold 4:30-5:30 Zumba Fitness	Every Thursday 9-11:45 Woodcarving 9-12 Computer Training 10-11 Joy of Exercise 1-3 Cards (poker, canasta) 4:30-5:30 Zumba Fitness	Every Friday 10-12 Cuddles 1-3 Bridge 10-12 45's

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